

ABSTRACT

The invention is in the field of physical fitness. The invention provides the user with the flexibility of choosing their own personal trainer from a group of personal trainers and their own exercise routine to follow in order to get the desired physical body result. When the user chooses the area of interest the invention provides a sequence of exercise routines to follow on different gym equipment to achieve the desired result. The selected trainer graphically demonstrates the use of the gym equipment on the computing device of their choice and the user follows the exercise routine at their own pace and at a place and time of their own convenience.